

ABSTRACT

When a measurement starts, exercise equipment detects an electrocardiographical signal (ST1), starts controlling a work load (ST4) and calculates a heart rate and a value of heart rate variability power (ST5, ST6).
5 After a warmup starts when a temporal period of two minutes elapses (ST7) the equipment automatically controls a ramp load (ST9). In step ST9, a predetermined ramp load variation rate is set for each of temporal periods of three minutes, four minutes, five minutes, and six minutes or more having
10 elapsed since the warmup started. Thus the provided exercise equipment allows each individual to have an exercise with an appropriate load.

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